

# Multi-dimensional Test Anxiety Scale (MTAS)



## About this survey

The Multidimensional Test Anxiety Scale (MTAS) was developed as instrument for measuring test, or examination anxiety, in populations of secondary school students aged 11 to 19 years. The 16 items correspond to two cognitive subscales and two affective-physiological subscales. The MTAS consists of 16 items that ask how students generally feel before, during, or after, tests or examinations. These items are intended to measure relatively stable individual differences in the tendency for students to appraise tests and examinations as a threat and become anxious.

1.1 Before a test/ exam, I am worried I will fail.

Agree

☐

Disagree

☐

Neither agree nor disagree

☐

Strongly Agree

☐

Strongly Disagree

☐

2.1 I forget previously known material before taking a test/exam

Agree

☐

Disagree

☐

Neither agree nor disagree

☐

Strongly Agree

☐

Strongly Disagree

☐

3.1 Even when I have prepared for a test/exam I feel nervous about it

Agree

☐

Disagree

☐

Neither agree nor disagree

☐

Strongly Agree

☐

Strongly Disagree

☐

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4.1 Before I take a test/exam my hand trembles

Agree

☐

Disagree

☐

Neither agree nor disagree

☐

Strongly Agree

☐

Strongly Disagree

☐

5.1 During tests/exams, I worry about the consequences of failing

Agree

☐

Disagree

☐

Neither agree nor disagree

☐

Strongly Agree

☐

Strongly Disagree

☐

6.1 I forget facts I have learnt during tests/exams

Agree

☐

Disagree

☐

Neither agree nor disagree

☐

Strongly Agree

☐

Strongly Disagree

☐

7.1 I feel tense before taking a test/exam

Agree

☐

Disagree

☐

Neither agree nor disagree

☐

Strongly Agree

☐

Strongly Disagree

☐

8.1 My heart races when I take a test/exam

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Agree ☐

Disagree ☐

Neither agree nor disagree ☐

Strongly Agree ☐

Strongly Disagree ☐

9.1 After a test/exam, I am worried I have failed

Agree ☐

Disagree ☐

Neither agree nor disagree ☐

Strongly Agree ☐

Strongly Disagree ☐

10.1 During tests/exams, I forget things that I have learnt

Agree ☐

Disagree ☐

Neither agree nor disagree ☐

Strongly Agree ☐

Strongly Disagree ☐

11.1 Just before I take a test/exam, I feel panicky

Agree ☐

Disagree ☐

Neither agree nor disagree ☐

Strongly Agree ☐

Strongly Disagree ☐

12.1 During a test/exam I experience stomach discomfort

Agree ☐

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Disagree

☐

Neither agree nor disagree

☐

Strongly Agree

☐

Strongly Disagree

☐

13.1 During a test/exam, I worry that I gave the wrong answers

Agree

☐

Disagree

☐

Neither agree nor disagree

☐

Strongly Agree

☐

Strongly Disagree

☐

14.1 During tests/exams, I find it hard to concentrate

Agree

☐

Disagree

☐

Neither agree nor disagree

☐

Strongly Agree

☐

Strongly Disagree

☐

15.1 Before a test/exam, I feel nervous

Agree

☐

Disagree

☐

Neither agree nor disagree

☐

Strongly Agree

☐

Strongly Disagree

☐

16.1 During a test/exam, my muscles are tight

Agree

☐

Disagree

☐

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Neither agree nor disagree	<input type="checkbox"/>
Strongly Agree	<input type="checkbox"/>
Strongly Disagree	<input type="checkbox"/>



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